

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - DECEMBER 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 3. VENETIAN CHICKEN w/Tarragon-Shallot Cream Sauce Seasoned Red Potatoes Wax & Green Beans White Wheat Bread Cinnamon Applesauce Orange Juice Milk | 4. OPEN FACE TURKEY SANDWICH Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup Milk | 5. BEEF STROGANOFF Buttered Noodles Mixed Vegetables Tropical Fruit White Wheat Bread Apple Juice Milk | 6. CURRIED CHICKEN, PINEAPPLE & RAISIN SALAD over Baby Spinach Multi Bean Soup Dilled Baby Carrots Hot Cinnamon Apples White Wheat Bread Chocolate Milk | 7. MEATLOAF w/Gravy Garlic Mashed Potatoes Peas & Pearl Onions Mandarin Oranges White Wheat Bread Fruit Punch Milk |
| 10. PULLED PORK BBQ Midwest Baked Beans Cole Slaw Pineapple Tidbits Orange Juice Milk | 11. CHICKEN CACCIATORE Brown Rice Pilaf Romano Blend Vegetables Diced Peaches White Wheat Bread Cranberry Juice Milk | 12. MUSHROOM SWISS BURGER Orange Blossom Carrot Salad Midwest Baked Beans Peach Crisp Orange Juice Milk | 13. ALL SENIOR CENTERS ARE CLOSED | 14. ALL SENIOR CENTERS ARE CLOSED |
| 17. OLD BAY GRILLED CHICKEN SANDWICH Cream of Tomato Soup Pepper Slaw Sliced Apple Pack Milk | 18. BAKED PORK CHOP SOUBISE Braised Cabbage Scalloped Potatoes Fruit Cocktail White Wheat Bread Fruit Punch Milk | 19. CHICKEN MARBELLA Yellow Rice Pilaf Green Beans Diced Pears White Wheat Bread Fruited Yogurt w/topping Orange Juice | 20. (SL) Sign up by 12/12 ROAST BEEF w/Gravy Mashed Potatoes Green Beans Fruit Ambrosia Dinner Roll Pie w/topping Milk | 21. GRILLED CHICKEN & PASTA SALAD on Baby Spinach Tomato Soup Mandarin Oranges Corn Muffin Milk |
| 24. ALL SENIOR CENTERS ARE CLOSED FOR CHRISTMAS EVE | 25. ALL SENIOR CENTERS ARE CLOSED FOR CHRISTMAS | 26. CHICKEN FAJITAS Pico De Gallo Fiesta Black Beans Cucumber Salad Milk | 27. (SL) Sign up by 12/20 PORK & SAUERKRAUT Mashed Potatoes Green Beans Diced Fruit Dinner Roll Cake Milk | 28. CHEDDAR CHEESEBURGER Cole Slaw Apricot Halves Orange Juice Chocolate Milk |
| 31. TURKEY, VEGETABLE & POTATO STEW Baby Spinach w/Tomatoes Cinnamon Apples Corn Muffin Milk | <p>MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (Dec. 20 & 27), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk.</p> <p>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</p> <p>Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal. Lunch cost: Age 60 and over: \$3.00* is the requested minimum donation. Under Age 60: There is a \$5.00* charge for lunch. <i>All meals are catered by Business Food Solutions, Inc.</i></p> <p>*(Please note new suggested donations and explanation)</p> | | | |

Barry Glassman
Harford County Executive

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Director
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Office on Aging
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Harford County Office on Aging

Congregate Meal Program DONATIONS

Why your donations are critical to this program:

Our Congregate Meal program provides nutritious meals and companionship to HUNDREDS of seniors in Harford County every day.

THIS IS NOT AND HAS NEVER BEEN A “FREE” LUNCH PROGRAM.

While we do receive some public funding towards providing meals for those age 60 and over, this only covers a portion of the meal cost. In addition, we receive NO funding for participants under age 60. Our ability to continue to provide a nutritious daily meal depends upon YOUR contributions to make up the cost difference.

Effective November 2018:

- **The cost of a meal for those under age 60 is \$5.00.** Please pay staff for your meal during lunch service on the day you will dine with us.
- For those age 60 and over, thank you for your voluntary, anonymous donations towards the cost of food and related meal items. **A minimum of \$3.00 is suggested, and any amount above that will be a great support to the program.**

We thank you for dining with us, for your donations, and for your support of this important program!